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### No editorial

By Will Nicholls

This issue of the Nation doesn't have an editorial. It's not that I have nothing to say but rather no time in which to really say it well.

Other matters have occupied my mind and time. On Thursday, November 17 at 5:05 pm, my wife Amy German delivered Hunter Donald Joshua Nicholls. He weighed 6 lbs. 15 ounces and greeted the world lustily. I was present and like any father overwhelmed with the experience.

As any father will tell you, sleep is a precious commodity when you have a new life you're responsible for, as well as taking care of the beautiful person

who carried and cared for this new being for the last nine months. So Hunter has been my focus and I would like to thank everyone who has supported, helped, given advice and generally been there for us both in the present and in the past nine months. There are too many to name here but we are grateful for everything you have given. You have all shown us such love and caring that we feel blessed that we have such amazing friends and family.

Amy and I thank you for sharing and making this one of the best experiences of our lives..



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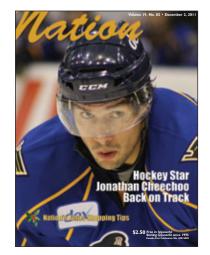
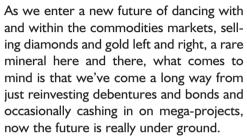


photo by: Daniel Coyle

### Shopping for commodities

By Sonny Orr



Many years back, during the JBNQA, the lands and underground resources were available to just about anyone as we - a young Cree nation at that time - had the rights only for the first metre of the surface. So what happened is that lands that were left exposed during previous developments were accessible and were already considered as a metre below our "land and surface" rights. Heck, anyone with a shovel and some sweat could break that immediate barrier, but what lays just beneath or deep underground, are the minerals that drive our presentday economy.

So, whilst we remain attached to the basic and sometimes bare roots of the land, we still have to dig deeper in our backyard to make a buck or two. This is a good thing, because it beats digging for nothing but a backslap or two. I imagined that the world was waiting for us to jump out of the bushes with gold in our hands the size of PEI potatoes (don't ask me why, but PEI is the standard of measurement in Canada when it comes to calculating land masses) and lay claim to the vast riches underground. But that was a little slow in the making, as we won't say if there's gold in them than hills without a really good Impact Benefit Agreement to juice up the deals.



Back in the day, prospectors used to go out on the land and be picked up months later, all haggard and smelly, with rabid tales of veins of gold and vowing to die with secret maps hidden in their cabinfevered minds. And many died without ever telling anyone where the gold was. If you think this is a fairytale, then so be it, and don't believe a word I say when it comes to hidden lodes of gold.

Today, with GPS, helicopters and the worldwide web, one can prospect with the best of them. Just make sure you have enough money to work the claim as it is quite easy to lose a few billion dollars in this volatile market era. If you have any secret sites for your latest gold claim, then cash in when the price is right, which is about now - making this a dance of commodities.

Canada owns the rights. The Queen owns our lands we live on. The whole area is reserved for future development. According to nearly everyone, the future is now, so development is just around the corner. Better to cash in soon than lose out on lost cost opportunities, one could say. There are even gold-bar dispensers in place of the chocolate-bar vending machines. If you can bite the gold and your teeth don't break, then you've got the real thing. Times are changing so fast, that soon, going to the bank will mean carrying lodes and lodes of gold dust, which means heavy-duty purses and double-sticked pockets. The possibilities are endless, until the world economy collapsed in a pile of gold dust. Die rich and happy and undervalued in one shift.

As for me, I'm picking up a metal detector and going to look for anything that will set off alarms.

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### A bridge to the past

### Aanischaaukamikw Cree Čultural Institute opens in Oujé-Bougoumou

By Akiva Levitas

On November 15, Oujé-Bougoumou inaugurated the beautiful new building of the Aanischaaukamikw Cree Cultural Institute (CCI). The longhouse and wigwam inspired building will be housing a museum showcasing many artefacts from Cree history as well as a research and documentation centre, classrooms and a demonstration room where Cree traditions and lore will be taught.

Twenty years in the making, the institute could not have happened without the help of the governments of Canada and Quebec, the many generous private donors, and the hard work of CCI president Dianne Ottereyes Reid as well as the Aanischaaukamikw Foundation. It was only in March 2009 that sufficient funds were available to begin construction with the groundbreaking happening eight months later.

Attending the CCI's grand opening from the Quebec government were Christine St-Pierre, the Minister of Culture, Communications and the Status of Women, and Geoffrey Kelley, Minister responsible for Native Affairs.

Also in attendance were Grand Chief Mathew Coon Come, Oujé-Bougoumou Chief Reggie Neeposh, Aanischaaukamikw Foundation president Abel Bosum, and NDP MP Romeo Saganash.

Coon Come stressed that the CCI's new building is a reflection of the self-determination of the Crees to take control of their cultural heritage. "We are embarking on a new phase in our efforts to preserve our language and our traditional ways. Aanischaaukamikw will preserve, study and promote Cree culture and language," he said.

During her speech, St-Pierre presented the institute with \$275,000 for a permanent exhibit to be opened in June 2012. She stated, "It's



a dream come true for the people here and Dianne [Reid], and also it's an investment which is very important for the government of Quebec and the strategy of the Plan Nord. The Plan Nord is an economic development [plan] but it's also the development of the culture and the traditions and we want to make sure that they are protected."

Kelley said, "It's a very happy day because we have to celebrate things cultural and this will be a reference point for the Cree culture and language. I'm very excited that it will have a research component and an educational component. But the thing that's exciting as well is that for too long we marginalized First Nations cultures in Canada but today it's a celebration demonstrating that the Cree culture is [vast], has a long past, and will have a rich future."

The building was designed by renowned Aboriginal architect Douglas Cardinal who, with the guidance of the Elders, worked on the Cree-inspired design of the building. Cardinal is known for his ability to design buildings that blend in with their environment. In the early 1990s, he drew up the master plan for the village of Oujé-Bougoumou and designed its main public build-

ings, but this new addition to the village is the most impressive one yet.

The building's exterior is inspired by the wigwam as well as the long-house with large windows to let the natural light in. With its large roof and high wooden arches, the interior is quite awe-inspiring and resembles the rib cage of a giant wooden whale. Modern and sleek, it combines contemporary technology with the essence of the traditional past.

The inaugural exhibition room layout, designed by the Lupien-Matteau architect firm, is breathtaking with every part of the exhibit flowing with the next, showcasing the many exquisite artefacts from Cree history. Projected on screens around the exhibit are videos of Elders recounting tales from long ago and thus preserving them for future generations.

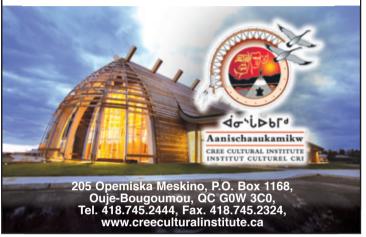
The housing of Cree artefacts on Cree territory marks a milestone for the hard work of the Elders who just want to pass their knowledge on to the next generation. Sandra Weizman, the curator of the inaugural exhibit, said, "Many of the artefacts are on loan from other museums and private collections from the world over with the best and the oldest from Europe." The gathering of the artefacts was a long arduous process and being able to bring them back to Cree territory is an accomplishment in itself.

Aanischaaukamikw will certainly become a central hub for Cree culture and will inspire artists who can contribute to the development of contemporary Cree art.

Located between Chibougamau and Chapais, Oujé-Bougoumou is the perfect place for the CCI, making it accessible to the other eight Cree communities as well as turning it into a major tourist attraction for the region.

Congratulations to the community of Oujé-Bougoumou on the signing of the Complementary Agreement No. 22 to the James Bay Northern Quebec Agreement (JBNQA).

Truly a historic step forward for Oujé-Bougoumou, Eeyou Istchee and Québec.







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### A sparkling future

### Quebec's first diamond mine could change the face of the North

by Shaun Malley

A study released by the Stornoway Diamond Corporation has estimated that over \$4 billion worth of diamonds is buried in an area northeast of Mistissini.

The results, released on November 16, are part of a long-term investigation undertaken by the corporation in the area around the Otish Mountains. It is a feasibility study for the corporation's Renard project, which could lead to the creation of Quebec's first diamond mine. The report, meant to determine the financial and environmental viability of the project, yielded many predictions favouring the commencement of diamond exploitation.

The final results of the study estimate that over 18 million carats of diamonds are present in the Renard project area; this is roughly enough material to create an engagement ring for every single person in Canada.

In partnership with Quebec mining firm SOQUEM, Vancouver-based Stornoway has also pledged to help the local economy through employment. The company projects the creation of 200-300 construction jobs, as well as 150-200 permanent jobs in diamond mining. Additionally, the company is contributing \$44 million to the Plan Nord, the Charest government's controversial economic policy for northern Quebec. Several open-house consultations have also been held among various Cree communities throughout the region.

One of the key strengths enumerated by Stornoway in favour of opening a mine in Quebec was the province's favourable regulatory climate for natural-resource extraction. In addition to oversight, the government will also be involved in the extension of Highway 167 into the mining site. The highway extension alone will cost the taxpayers \$332 million. Financing of this highway extension is



part of an agreement between the government and Stornoway announced in August of this year.

The presence of kimberlite, a form of diamond, was discovered in 2001. Stornoway has spent many years negotiating with the various involved parties, Eeyou Istchee among them. The mining operation itself is a 50/50 partnership between Stornoway and SOQUEM, which is a subsidiary of a corporation owned by the government of Quebec. The feasibility study alone cost \$28.6 million to produce.

The mine will feature both open-pit and underground mining areas. When it is fully up and running, the operation will produce up to 5,000 tonnes of raw material per day, which is almost two million tonnes a year.

Though waste material is an inevitable byproduct of any mining operation, Stornoway contends the environmental impact will be less hazardous relative to the extraction of other materials. It promises, among other things, that waste will not disturb fish habitats in the surrounding ecosystem. Additionally, the company promises to convert both its airstrip and its open pit to environmentally

friendly purposes. This is part of Stornoway's "Closure and Rehabilitation Plan," a subsection of the Renard project promising to clean up the environment once operations have ceased.

Still, this is not enough to satisfy environmentalists. The Ottawa-based watchdog, Mining Watch Canada, criticized the Renard operation. They contend that any mining operation would degrade the ecosystem of the area.

"Like any other mine, there are environmental liabilities," said Ramsey Hart, a spokesperson for the group. "The proposed roadway would cut through a provincial park, which will cause problems due to increased access to the area. Mining is also power-intensive, and even though Quebec has an abundance of power, you'll see power lines cutting across the territory."

Construction on the mine is set to start in July 2013, pending completion of the extension to Highway 167. The first diamonds are projected to leave the mine in the summer of 2015. Company predictions suggest the mine could run for 20 to 25 years.

### Chorus grows demanding action in **Attawapiskat**

three been weeks Attawapiskat First Nation declared a state of emergency. And in those three weeks, not a single federal or provincial official has even bothered to visit the community."

These are the words of Charlie Angus, NDP MP for Timmins-James Bay, speaking in the House of Commons on November 21.

The emergency was declared due to a housing crisis in the community that has left hundreds living in condemned buildings or without proper access to electricity and clean water.

According to an APTN News report, the Canadian Red Cross has agreed to step in to provide short-term aid following a meeting with the chief of the community, the grand chief of Mushkegowuk Council and Angus.

According to Angus, Ontario and Aboriginal Affairs officials refused an invite to participate in the meeting.

"With the Red Cross stepping in now, we hope to start coordinating a shortterm response, while the larger, mediumto-long-term response will take place once we bring the other parties (Ottawa and Ontario) to the table," said Angus.

Angus also raised awareness this week of the situation by releasing a video that chronicles the horrendous living conditions many of Attawapiskat's residents must endure.

Check out the video and keep up to date on new developments as the relief effort unfolds through The Nation's Facebook page at www.facebook.com/nationnewsmagazine..

### Pessamit Innu chief speaks out against Plan Nord

The chief of the Pessamit Innu is threatening action at home and abroad to show his displeasure with the Quebec government's Plan Nord.

Ridiculing the government's offer of a \$350 million compensation package, Chief Raphael Picard revealed a plan of his own: travel the world to tell Quebec's potential business partners his people's side of the story. He also threatened a repeat of last year's blockage of Highway 138.

Negotiations between the provincial government and the Pessamit broke down on November 18. The chief had been asking for \$5 billion over a period of 50 years, three times more than the government's offer. This demand was considered far too high by Minister responsible for Aboriginal Affairs Geoffrey Kelley. Picard countered this by stating his estimation that Hydro-Québec alone had made over \$45 billion in revenue from selling hydroelectricity generated in Pessamit territory.

Picard's accusation that Charest was the "worst liar of Ouebec" stemmed from a comment made by the premier about an

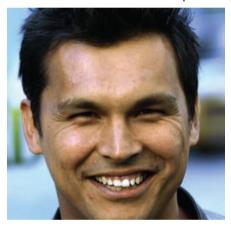




agreement with the First Nations. The chief alleges that there was no such agreement. He went on to compare Charest to Maurice Duplessis, accusing the current government of selling Quebec's mineral wealth to big business.

### National Aboriginal Achievement Awards winners

On November 22, Members of the Canadian Parliament recognized this year's recipients of the 19th Annual National Aboriginal Achievement Awards in the House of Commons. Following Question Period, Speaker Andrew Scheer hosted a reception in



their honour. On November 24, a ceremony honouring the recipients was held in Vancouver's Queen Elizabeth Theatre.

The award winners are:

- Candace Sutherland, Manitoba -Youth Award
- Earl Cook, Manitoba Youth Award (posthumous)
- Adam Beach, Manitoba Arts
- Chief Victor Buffalo, Alberta Business & Commerce
- Elder Dave Courchene Jr., Manitoba
- Culture, Heritage & Spirituality
- Dr. Leona Makokis, Alberta -Education
- Richard Hardy, British Columbia Environment & Natural Resources
- Dr. Janet Smylie, Ontario Health
- Violet Ford, Newfoundland and Labrador Law & Justice

- Richard Wagamese, British Columbia
- Media & Communications
- The Honourable Leona Aglukkaq, Nunavut - Politics
- Grand Chief Edward John, British Columbia Politics
- Minnie Grey, Quebec Public Service
- Richard Peter, British Columbia Sports
- Senator Gerry St. Germain, British
   Columbia Lifetime Achievement
   Award

Administered by the National Aboriginal Achievement Foundation (NAAF), the awards celebrate those Aboriginal people who represent both excellence and the boundless promise inherent in communities of Indigenous people all across Canada. The NAAF honours those whose accomplishments make them role models to Indigenous youth.

# Aboriginal Business Hall of Fame honours inductees from Attawapiskat and Edmonton

When the Aboriginal Business Hall of Fame (ABHF) convenes for the 14th Annual Toronto Gala on February 7, 2012, they will be paying tribute to Gregory Koostachin of Attawapiskat, Ontario and Dave Tuccaro of Edmonton, Alberta – the organization's two inductees for 2012.

Koostachin, a Cree Elder of the Attawapiskat First Nation, founded his community's general store in 1976. Over the years, he has been active in advocating that companies operating in the area hire workers from within the community. Plus, he has been vocal in his concern for the environmental impact of industrial initiatives in and around Attawapiskat.

Tuccaro, a member of the Mikisew Cree Band, is President and CEO of the Tuccaro Inc. group of companies, which includes enterprises dealing with corporate and human-resource services, liquids transportation, water purification and delivery, and laboratory and geological core management services for the oil sands industry.

The ABHF honours those Aboriginal people whose business leadership has supported the economic and social betterment of Aboriginal communities across Canada.

### Two towns join Abitibi-Témiscamingue economic partnership

The towns of Matagami and Lebelsur-Quévillon were officially welcomed into the Secretariat to the Cree Nation Abitibi-Témiscamingue Economic Alliance at a meeting on November 17. The announcement was made by Secretariat President Ted Moses at the organization's headquarters in Val-d'Or.

The Secretariat, created almost a decade ago, connects the region's mayors, Elders and business leaders. As an outgrowth of the Paix des Braves agreement between the Cree Nation and the Quebec government, the new links are meant to strengthen the territory's economy.

Secretariat coordinator Pierre Ouellet explained some of the benefits of membership in the group.

"It opens doors very easily," he said. "It forges institutional partnerships through our liaison service. Our organization wants to make sure the people in the territory benefit economically. It has served as a model for economic cooperation in other places, for example, in Ontario."

Moses affirmed the association's goals: to foster mutual respect and economic growth among the Cree nations and the entrepreneurs in Abitibi-Témiscamingue.

"We have, and will continue, to work to create alliances which benefit the development of our regions," he said at the news conference announcing the towns' membership.

### **Back on track**

### Hockey star Jonathan Cheechoo pursues another shot at NHL glory

Story and photos by Daniel Coyle



If you ask young Cree hockey fans today who their hockey idol is, most will say Jonathan Cheechoo.

Born and raised in Moose Factory, Cheechoo was the first Cree player to be drafted by an NHL team when he was taken 29th overall by the San Jose Sharks at the 1998 NHL Entry Draft. In fact, the Sharks raised a lot of eyebrows that spring. The team traded the number two pick in the '98 Draft to the Nashville Predators, who used to select David Legwand, in exchange for the number three pick and the number 29 pick, which the Sharks used to land Cheechoo.

And so, Cheechoo started his NHL career facing high expectations. But that was nothing new for Cheechoo who has

managed to surpass expectations at every level of hockey he has played.

Like most kids born and raised in northern Ontario, Cheechoo started skating at a very young age on an outdoor rink that his father built each winter. But given how isolated the town of Moose Factory is, Cheechoo did not start playing organized hockey until the age of 14 when he left home to play bantam hockey in Timmins, then midget hockey in Kapuskasing and later, Junior B in Kitchener.

Cheechoo would eventually settle in Belleville, after the OHL Belleville Bulls drafted him in the first round of the 1997 OHL Priority Selection draft. Faced with high expectations, Cheechoo did not disappoint, first being selected to the 1998 OHL All-Rookie Team, and then leading

the Bulls to an OHL Championship and a berth in the 1999 Memorial Cup. The Bulls would fall short of a Memorial Cup championship that year but it was clear to San Jose Sharks management that they had a special player in Cheechoo.

Before making the leap to San Jose, Cheechoo paid his dues playing in the AHL – first with the Kentucky Thoroughblades in 2000-2001, and with the Cleveland Barons the following season.

According to a 2004 NHL.com report, Cheechoo's parents had to endure possibly the toughest road trip of all time to see their son play.

"To get to his games, Jonathan's parents took a seven-minute ride in a motorized canoe, a five-hour train ride to Cochrane, a 10-hour drive to Toronto



and then another 10-hour drive to Kentucky."

Fortunately for Mervin and Carol Anne Cheechoo, their son's stay in the AHL only lasted two seasons before he graduated to the big club in San Jose and set off on the road to Cree hockey fame.

Cheechoo recalls his first NHL game versus the Detroit Red Wings as perhaps his most thrilling and memorable moment. "It was something I dreamed about since I was four years old, playing in the NHL," he recalled. "I remember my first game was against the Detroit Red Wings. I will never forget that. My first shift I lined up against Brett Hull. It was a surreal feeling."

Cheechoo quickly solidified a spot on the Sharks roster with a 28-goal season in 2003-2004, and joined HV 71 of the Swedish Elitserien in 2004 after the NHL season was cancelled due to the now infamous lockout.

But it was during the first season back after the lockout that the hockey world took notice of Cheechoo. Playing on a line with Patrick Marleau and MVP Joe Thornton, who was acquired from the Boston Bruins early in the campaign, Cheechoo went on to score 56 goals that season to win the NHL goal-scoring title and the Maurice Richard Trophy.

When asked at the time about his feelings regarding the trade that brought him to San Jose from Boston, Thornton replied, "I'm just glad they sent me out there to play with Cheech and the Sharks."

Cheechoo's success that season also led to a contract extension that would secure his future – a five-year, \$15 million deal and a place on the best line in hockey.

But 2005-2006 would be the last season to date that Cheechoo would play a complete 82-game schedule. Plagued by series of injuries, including a double sports hernia in 2007-2008, Cheechoo saw his offensive production drop and he was eventually shipped to the Ottawa Senators in 2009 along with Milan Michalek in the deal that sent sniper Dany Heatley to San Jose.

The trade gave Cheechoo the opportunity to get his career back on



track. Something the struggling Senators desperately needed.

"I come out every year and I want to play to the best of my abilities, and I felt last year I probably didn't do that as well as I should have," Cheechoo said at the time in reference to his struggles on the ice and with injury the previous season. "That's something I want to come out and show people — I can still play at a high level."

But Cheechoo's struggles would continue. And the Senators, entering a rebuilding phase, shipped Cheechoo to their AHL affiliate Binghamton Senators shortly after the All-Star break in 2010.

Today, Cheechoo is part of the St. Louis Blues organization, bringing veteran experience and scoring touch to the AHL Peoria Rivermen, the Blues' top farm club. While some pundits may considered him a long shot to be called up to a Blues club that is largely built on youth, Cheechoo seems comfortable and confident in his new role.

"It's been going alright in Peoria. I would like to have had a better start stats wise, but overall I've been playing pretty well," said Cheechoo after a recent game versus the Toronto Marlies.

\_"The Blues had a lot of injuries last season and they wanted to add a little

depth, and I think since I've come onboard I've made a good impression," he added.

\_"For me, I am down in the minors, I have to take care what I am doing down here. I have to play well. If I play well, and if I outplay someone in St. Louis or if someone gets hurt I have to show that I am ready and available."

And for a change, Cheechoo appears to be in the best health he has been in for years after battling a back injury last season that limited him to just 18 goals in 55 games. This season, Cheechoo has appeared in every Rivermen game to date and while he has been limited to five goals in 19 games, his comfort level is fast returning.

"Last season I hurt my back. It was the first time I had that. But I worked with a lot of people in San Jose who helped me out and I started training in the summer and they got me back to 100%. Now I do a lot of stuff before practice that helps me avoid the issues I had last year," he said.

"The main thing for me is for the first time I worked with a guy from Stanford to improve my speed. I wanted to improve that and I feel that I have."

Having never been known for blazing speed, skating has always been an issue

that Cheechoo has had to work on. Indeed, his 56- and 37-goal seasons came during the years after the lockout when the NHL cracked down most on obstruction and so-called "clutch & grab" hockey, enabling pure goal scorers like Cheechoo to thrive.

"Coaches are pretty smart and they always find a way to clog up the ice," said Cheechoo. "The 'clutch & grab' was around before the lockout. After the lockout, things were opened up and players could use their speed a little more and that helped me a bit."

But Cheechoo doesn't see wholesale rule changes as the way to go. "I'm not too sure if I want to see things change in the NHL. There are changes to rules every year, but they got some pretty good people handling that."

While Cheechoo hopes to play hockey well into his 30s, he has given some thought to what life holds for him after his playing days are over.

"I'm still pretty young; I just reached my 31st birthday. I'm feeling good, feeling strong, feeling healthy. But when that time comes, I'll want to take a year or two off to spend some time and enjoy my family and relax a little bit," said Cheechoo, whose wife Ashley gave birth to the couple's first child, son Jack, this past July.

But Cheechoo also remembers the help and guidance he received as a young hockey player growing up in northern Ontario and hopes to do the same for young players when his playing days are over.

"I'd like to come and definitely help the youth up there (in the North). I know when I was young, and starting out (former NHL Coach of the Year) Ted Nolan came up and did some hockey schools. And that is something that helped me get to where I am and gave me a little guidance," recalled Cheechoo. "Having a guy like Nolan, who had been there and done that, his advice on what path I should follow really helped. I'd like to help out the youth there. There's a lot of aspiring hockey players coming up and I'd love to see a

lot more kids from our area go further in hockey and pursue their dream."

While Nolan was an inspiration for him as a youth, Cheechoo has no shortage of advice and inspiration for both young athletes and their parents.

"The main thing is that you gotta realize that if you're really serious about playing a sport there are certain sacrifices you have to make. Sure I wanted to hang out with my friends all the time, but sometimes my friends were hanging out at all hours of the night. For me, I sacrificed hanging out late, so I could go to bed early," said Cheechoo.

"What I wanted to do since I was a little kid was play hockey. So I had to sacrifice; but it paid off. Look where I am at today. And school was important. My mother was a teacher, so if I wasn't doing well at school, I wasn't going to be able to play hockey," he recalled.

"And make sure your kids want to play, don't force them to do it. If they have a love for the game they will work harder at it. And it will be something they want to do," he said.





### VILLE DE CHIBOUGAMAU



Manon Cyr Mayor / mairesse / ⊳rL°

En mon nom personnel, au nom des membres du conseil de la Ville de Chibougamau et de sa population, nous soulignons la signature de l'Entente de la Baie-James et le Nord-du-Québec entre la communauté Crie d'Oujé-Bougoumou et le Gouvernement du Québec. Par cette entente, le Gouvernement du Québec reconnaît cette communauté crie de la Baie-James à part entière.

On behalf of myself and the City of Chibougamau and its people, we highlight the signing of the James Bay and Northern Quebec Agreement between Oujé-Bougoumou and the Government of Quebec. Under this agreement, the Government of Quebec recognizes this James Bay Cree community in its own right.

"The most important thing is the kid's happiness. Some kids can't be pushed to sports, they're more interested in school and that's important too."

"But parental support is huge. Seeing my dad there at every practice. I know some parents can't make it to every practice, but the more practices you make it to, the better. It was a huge boost for me and made me work a little bit harder. Kids want to impress their parents. And anytime they get that extra support, it will make them work harder."

But like the old saying goes, success is part inspiration, but mostly perspiration, something Cheechoo has known since he was a boy.

"Your conditioning is huge. You can't go into any camp, I don't care how good you are, if you are out of shape, you are not going to do well," states Cheechoo. "Even a guy like Joe Thornton, who probably has the most talent in the world, has to work out. Otherwise, he would not be able to do what he does on a daily basis.

"When I was growing up, my dad told me there are about a million other kids who want to make it to the NHL. The question that you have to ask yourself is 'what are you going to do to get there, and what are you doing above and beyond what these kids are doing?"

"I was riding a bike after practice in Moose Factory when I was I3 for like half an hour, and then I'd go out and skate more on my outdoor rink. It is something where you have to put in the time. The only way you will get better is to work at it and spend the most time you possibly can on it."

Cheechoo sums up his hockey success in simple terms.

"I wasn't the most talented player in Moose Factory in my age group. I was one of them. I worked really hard, but there were guys who had more talent than me but who didn't work as hard."

While Cheechoo may still yet make it back to the NHL, there are certainly young hockey players who will benefit from his passion and counsel when the day comes that he hangs 'em up and returns home to Moose Factory.



### Shooting for the top

# Hockey player Silas Neeposh is willing to make the sacrifice for the game he loves

Story and photos by Daniel Coyle

Silas Neeposh has had a busy year. In addition to attending school, the 18-year-old from Mistissini has also been very busy pursuing his hockey dream. Currently, he is patrolling the blue line for the Kahnawake Condors of the Quebec Junior AAA Hockey League.

The Condors jersey is not the only one that Neeposh has worn this year. Neeposh spent the 2010-2011 season with the Midget AAA Amos Forestiers, and was also part of the Sport-Études program, which enables elite level athletes to pursue their sport of choice while ensuring that they also excel in the classroom.

"I was in Amos last year and had a really good season. Three years ago was my first year there.

Going there as a 16-year-old, it was a really good experience. The guys and coaches treated me really well."

After his second successful season in Amos during which he recorded 24 points and 56 penalty minutes in 42 games, Neeposh suited up for Team Eastern Door and the North at the 2011 National Aboriginal Hockey Championships, held in Saskatoon at the end of April.

Team Eastern Door and the North fell short of a championship, losing to Saskatchewan in the gold medal game, but Neeposh made his mark earning 1st Team All-Star accolades at the tournament.

After some time off the ice this summer, Neeposh donned yet another jersey in August; this time the jersey of the QMJHL's Chicoutimi Saguenéens, where he attended training camp this summer for the second year in a row.

"I was invited to camp (by the Saguenéens)," explains Neeposh. "Quebec Major is a big league and it was a dream of mine to be there. The guys are way stronger and there are some

who have been drafted by the NHL. But I thought I did good there."

Although Neeposh would eventually be one of Chicoutimi's final cuts at training camp, Saguenéens General Manager Marc Fortier agrees with Neeposh's assessment of his performance. added Fortier. "I think one more year for him will be huge."

But Neeposh's hard work did not go unnoticed. In early September, Neeposh received the chance to pull on yet another jersey when he got the call from Hockey Canada, inviting him to attend



"We debated a lot before we cut him, but we have a lot of defensemen who are experienced this year," explained Fortier.

"Maybe he needs to work on his strength. He is a really nice skater. We were impressed by the way he played and his attitude. When we cut him it didn't have anything to do with the person. It was just circumstances that made it a difficult choice for us. Hopefully he will be a good player for us next year."

Despite being cut by the Saguenéens, Neeposh still feels that he has a future in the QMJHL. "That is part of my plan," he said. "But right now I just want to play well where I am (in Kahnawake), and play as much as possible."

"We thought going to Kahnawake would be a good experience for him,"

the evaluation camp for Team Canada East, one of two Canadian squads that participated in the recent 2011 World Junior A Challenge in Langley, BC.

The World Junior A Challenge is an annual under-20 international ice hockey tournament sponsored by Hockey Canada, the Canadian Junior Hockey League (CJHL), and the International Ice Hockey Federation (IIHF). The tournament showcases Junior A level players and is modeled after the IIHF World U20 Championships, which displays the best of all junior-aged hockey players.

"The way he played at our camp, I am not surprised he was invited," said Fortier. "You are not invited to a Team Canada camp if you are not progressing



as a player. So the invite means he is progressing in the good way."

An important part of Neeposh's preparation of the Team Canada East camp was Kahnawake Condors' coach Patrice Bosch, who has twice coached Team Canada East in the World Junior A Challenge and knew what Neeposh would face in camp.

"I told him when he was picked for the camp that he should expect that he will be with high-calibre hockey players; players who have been drafted by the NHL, or who will be next year," explained Bosch.

"It's an unbelievable level of hockey. It's like being in the NHL for two weeks. You are surrounded by professionals. For a kid like Silas it will be an experience he will remember. He should be extremely proud. That is an experience he can bring when he goes up to the QMIHL."

Indeed, the Team Canada East camp had a powerful impact on Neeposh. "I was in awe. Trying to represent my country was the best feeling you could have. It was unbelievable," he said with a big grin.

"It was a privilege to just be at the camp, to be noticed by the scouts and by Hockey Canada, and I enjoyed every minute I was there. Hopefully, I still have a chance there next year."

Neeposh did have a strong camp, including setting up a goal during the first camp scrimmage. However, yet again, Neeposh was one of the final cuts from the Canadian East team that would go on to win silver at the tournament.

But Neeposh remains undeterred, as evidenced by his solid performance this season with the Kahnawake Condors, where he is logging big minutes both 5-on-5 and on special teams.

"We've been using him a lot; sometimes even too much," said Bosch. "We use him on the power play and also the PK. For a rookie, he has got a lot of ice



time. He keeps improving his game so he will keep getting ice time."

However, Bosch is also quick to point out that Neeposh's role is not just about offence and special teams, but that Neeposh must also improve his overall game to get to the next level.

"People need to recognize him as an all-round defenceman," said Bosch. "People know him as an offensive defenceman, but he needs to make a

So, is there a chance that Neeposh may be called up to Chicoutimi some time this season? "You gotta ask Chicoutimi," said Bosch. "But if they call me, I will tell them that Silas is a kid who is very, very passionate about hockey."

While Neeposh looks forward to having another shot at the QMJHL, he is firmly grounded in what he is doing today and remains focused on school and hockey. "I am just trying to finish high school

"IT'S SOMETHING I WANT TO DO AND A SACRIFICE I WANT TO TAKE TO MAKE IT FAR. MY PARENTS GIVE ME FULL SUPPORT, AND MY GRANDPARENTS AND FAMILY TOO. MY PARENTS HAVE WORKED SO HARD FOR ME. I DON'T KNOW HOW TO THANK THEM."

name for himself as an overall defenceman. Any D-man who can carry the puck like he does and skate like he does will take some risks at some point. I think it is part of his style.

"Coaches who have a kid like this will let him go offensively, but he needs to be more reliable on defence to crack a QMJHL lineup." right now," said Neeposh. "I'll see what happens after this season, if I stay here or if I go to college or university. I'm just leaving everything open for next year."

Then he added, "Being here is pretty far (from home). But it's something I want to do and a sacrifice I want to take to make it far. My parents give me full support, and my grandparents and family

too. My parents have worked so hard for me. I don't know how to thank them. My dad is a real role model for me."

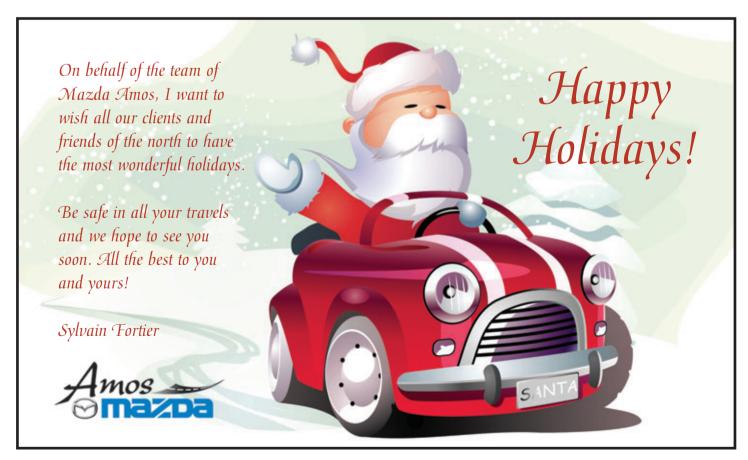
Bosch is not surprised to hear how Neeposh talk about his family and his goals, and is impressed by how well he has kept his recent successes in perspective.

"Silas should be looked at as a role model for a lot of kids," Bosch pointed out. "Not a lot of kids move away from home and make all the sacrifices he has made. He's really concentrated on hockey; he loves the game so much. He has a lot of my respect for leaving home at such a young age to play hockey.

"There are a lot of distractions in Montreal for an 18-year-old. And you usually have to look after these kids a lot. That's not the case for Silas. It would be easy for him to leave the track like a lot of 18-year-olds would do. But he's so serious that we trust him," said Bosch.

"He is on the right track right now."

And where would Neeposh like that track to lead? "Pro hockey," he said, without hesitation. "I am not saying I'll be there, but I definitely want to be there."



# A Word from Santa's Helpers The Nation's 2011 Christmas Shopping Guide

By Amy German

While anyone who believes that Santa Claus is coming to bring them presents on Christmas Eve has no doubt already made their Christmas list a few times over by now, not everyone on your gift shopping list makes it as easy to get them something that will make them happy.

For that matter, in a world of mass consumerism, limitless online shopping and Crees travelling to major city centres on a regular basis, getting something for the guy or gal who has everything becomes increasingly harder year after year.

But, as always, the Nation has been able to get the skinny on what is hot this season, straight from of the mouth of the big man in red.

Whether its high-tech wonders, kitchen finery, the fanciest of Native fashions or just the right thing for out in the bush that your dearest would love, the Nation's Christmas shopping guide once again has it all.

#### Tech gifts for anyone

If you think technology is the way to pleasing your special someone or if you just want to get Dad something cool to play with on Christmas morning, the tech world has had yet another bumper crop of gadgetry to offer up this holiday season.



BlackBerry PlayBook

If your beloved doesn't have one yet or needs their first generation model replaced and you want to get them a big-ticket item, why not get them a tablet?

Sure the iPod might be the trendy item to own but when it comes down to it, there are many excellent tablets out there that can do the same job.

Take for example, the BlackBerry PlayBook with Wi-Fi available in I6GB, 32GB and 64GB varieties, available at Future Shop, Best Buy and other retailers.

With some retailers advertizing prices starting at \$200 for a 16GB model, with most other models going for about \$300, this product is not only the latest generation of technology but

perfect for web surfing, as a business aid and for some game play.

If you're looking for hot tech toys for under \$100, Best Buy has a wide range of marvels that are sure to bring on more than your average holiday smile. For example, the Sony Cyber-shot 12.1MP Digital Camera, in either red or black, is both a styling and highly efficient way to get pictures that are rife with clear, rich details.

Of course, if you want to give the gift of sound, Best Buy is also offering the Apple 2GB 4th Generation iPod for only \$49.99. The tiny and efficient Shuffle is the perfect thing for the person on your list who loves to exercise to their favourite tunes or just listen to them while cleaning the house. For more info: www.bestbuy.ca/

But, if you're looking for a fun and functional gadget that just about anyone can use and doesn't break the bank, Canadian Tire has got a great buy with their Smart Products Wireless Key Finder. Ideal for the person who is always misplacing their keys, this compact wireless transmitter sends a locator signal to the misplaced key ring from up to 18 metres away to set off an alarm to help locate the keys. Going for only \$14.99. For more info: www.canadiantire.ca.

### Fashionable finds for the style conscious

While some folks are all about the toys, others are all about the apparel.

If Native designs are the key to your loved one's happiness, look no further than Quebec's very own Tammy



Tammy Beauvais Designs

Beauvais Designs! Featuring a wide selection of traditional and modern Native gear and accessories for men, women and children, Beauvais is the ultimate purveyor of exquisite Ribbon Shirts, traditional dancing outfits, coats, capes and so much more. Whether you're looking for everyday apparel like hoodies, sports jackets, dress shirts, skirts and dresses with a Native twist or high-end items like formal attire of all varieties, Beauvais makes it all and happily ships the products to you through her online store. For more info: www.tammybeauvais.com

If, on the other hand, you are looking for high-end Native clothing with a bit more of a Haida theme, peruse West Coast-based Cree designer Dorothy Grant's website to see if that one special item is something this Native designer has in store. Featuring Haida couture clothing for men and women, Grant's garments are straight off the runway and can be shipped right to your community. For more info: www.dorothygrant.com

Of course, if you're just looking for something more every-day for the man in your life but feel frustrated with the kinds of limited sizes available at your average retailers, look no further than M.H. Grover's Big and Tall store. Featuring every-thing from athletic wear to suits, M.H. Grover is the place to shop either online or when you are visiting Montreal. Around since 1925, this family-run business offers quality clothing at the right price and excellent customer service so you know you're getting the best the company has to offer. For more info: www.groversbigandtall.com

#### For the Galloping Gourmet on your list

Is there's someone on your list who always has their nose in a cookbook, an eye glued to the Food Network or can't stop talking about their latest kitchen experiment? Why not indulge them with one of these fine "foodie" finds:

The Keurig gourmet coffee-makers were all the rage last season and so if your coffee lover is all about preparing those barista-style coffee concoctions like the ones at the coffee shops, why not get them a Keurig brand cordless milk frother? This handy counter-top contraption makes perfect warm or frothed milk for lattes, cappuccinos, mokachinos and the likes.





Ninja Master Prep Pro

Available at retailers like Best Buy for \$99.99, this fun kitchen item could allow you and the whole family having high-end coffees on Christmas morning. For more info: www.bestbuy.ca

If your special someone is all about putting those professional touches on a meal, Canadian Tire has the ultimate foodand-drink preparation tool that is not only incredibly versatile but can do just about anything in the way of food-and-drink processing. The new Ninja Master Prep Pro system features a 50-watt motor head that can be moved to attach on to one of three specialized blending containers that comes with each set, each geared at a different type of chopping or blending. See vegetables or meats chopped perfectly to your desire or ice cubes pulverized to slush in just an instant with this perfect kitchen companion! Exclusively at Canadian Tire for \$69.99. For more info: www.canadiantire.ca

For the wine lover in the family, there is no better way to enhance your wine drinking experience than with the Vinturi Essential wine aerator. This sleek and highly efficient wine aerator can bring out the finer notes in any bottle of wine, enhancing the flavor and the wine drinking experience. Available at Amazon.ca for only \$39.99, it is a great gift for the wine lover on your list. For more info: www.amazon.ca/

If you're looking to give a foodie a chuckle on Christmas morning or you happen to have a Star Wars fan on your list, why not get them the this absolutely crazy Star Wars Star Wars Han Solo in Carbonite Ice Cube Tray? Sure it's \$29.99 and yes it's a really campy throw back to the 1970s but it's also the only way to get Han Solo in Carbonite floating in your beverages!!! For more info: www.amazon.ca/

#### Goodies for the bush(man)

If the hunter on your list is all about practicing his shot for his next hunting trip competing with his fellow community members to see who is handier with a rifle, the Champion Target Thrower Trap with Foot Release is the perfect gift item for hours and hours of target practice. Available at Canadian Tire, this target shooter allows you to shoot alone and can go from standard distance of 35 yards, to a maximum of 70 yards. A perfect gift for any hunter, this item retails for \$149.99. For more info: www.canadiantire.ca

For the person in need of some heavy-duty gloves intended for those spending long days in the frigid bush, the people

at Mountain Equipment Co-Op have just the ticket with the Black Diamond Virago Gloves. Made of stretch-woven nylon, these gloves feature a four-way stretch for good dexterity and comfort and also have supple goatskin leather on palms, backs of hands and fingertips for dexterity and durability. This quality item is available exclusively from MEC and retails for \$97. For more info: www.mec.ca

For the hunter with a taste for fine, quality accessories, look no further than Recall Designs when it comes to getting him a luxury hunting call. Featuring hand-crafted duck calls, turkey yelpers, deer calls, crow calls, goose calls and predator calls, Rhéal Charlebois has been making these quality calls since 2000 and produces about 150 per year. Starting at about \$125, these old-school calls are top-of-the-line and make incredible gifts. For more info: www.recalldesigns.com

#### An incredible gift for anyone

For the person who has absolutely everything under the sun or the individual who wants nothing more than to help those in need, UNICEF (United Nations Children's Fund) is offering a great way to help needy and impoverished children around the world with their Survival Gifts. Whether you want to spend \$10 to purchase a bed net to protect a child



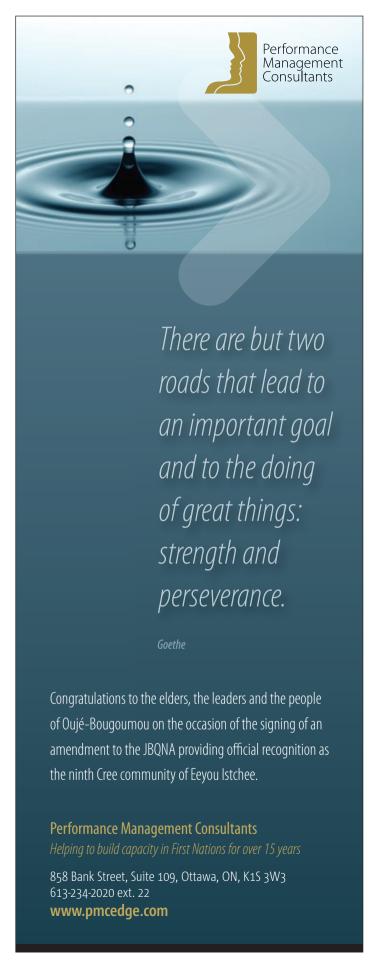
Black Diamond Virago Gloves

from malaria in Africa, \$20 for pencils for a school or \$100 to support a child who has been orphaned by AIDS, UNICEF is offering all sorts of gifts you can give to children who need them most. Once more, there are many, many, many options when it comes to giving these survival gifts as they can go to products relating to health, education, water, food, play and emergencies.

For more info:

https://secure3.convio.net/uncfca/site/Ecommerce?store id= 1201&s\_locale=en\_CA

On behalf of the Nation, Happy Shopping!









### Oujé-Bougoumou students honour veterans

The Remembrance Day commemorations went well. Cynthia and I (Tom) on the intercom, asked the students in their classes to stand and observe the two-minute silence. Afterwards we read "In Flanders Field", then invited the classes to go into the halls and erect the Hallway of Heroes (which remained up until November 16). They did.

During the preceding week the teachers engaged in a variety of activities and exercises that explored the importance of Remembrance Day. Glen Polsen, our intrepid handyman, scurried through the halls snapping photo after photo. We were able to distribute poppies this year and in one day we were able to raise nearly \$200 for the Royal Canadian Legion. The students participated in full and once again Waapihtiiwewan School in Oujé-Bougoumou did themselves proud. We have organized these activities and erected the Hallway of Heroes for four consecutive years (during the military mission in Afghanistan), and the teachers and students have always come through.

#### **Tom Yetman and Cynthia Lanois**

N.B. The soldiers who were killed during the war in Afghanistan are grouped by their regiments. Each class has a regiment (or shares a regiment with another class). The teachers review the memorial poster(s) with their class. On Remembrance Day after our commemorations they go into the hall and put up the memorials. During the following week they and members of the community can view the other memorials.

# Kyla Nadeau's Grade 6 class share their thoughts on Remembrance Day:

Why do we celebrate Remembrance Day? Linden Spencer: To remember people and animals

**Cole Brazeau:** To think of veterans **Tyler Bush:** For soldiers who died **Theodore Trapper:** For soldiers in war that died

**Clayton Shecapio:** To remember someone that died

**Faith Diamond-Bosum:** To remember the soldiers

**Morgan Shecapio:** To remember soldiers died

**Xandra Bosum:** Remember people died in war

**Tyrel Longchap:** Remember World War I & 2 and the soldiers who died and those who made it

**Leeroy Moore:** Remember people that went to war

**Miguel Shecapio-Blacksmith:** To remember soldiers fought in war and those that died and those that survived

**Tobias Bosum:** So we can remember the people that died

**Amanda Bosum:** To remember the people

**Angel Bosum:** To remember the wars

# Mark Jones' Grade 3-4 class shared these thoughts about Remembrance Day:

Casey Bosum: I learned what a veteran is. Fiona Bosum: We remembered the fallen soldiers.

**Aleasha Bush:** We wrote postcards to veterans.

**Tyra Capassisit:** We put up posters to remember.

**Richard Dixon:** I'm thankful for saving our country.

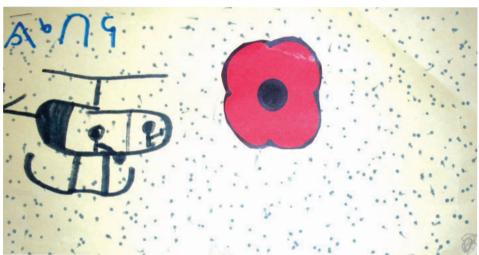
**Donovon-Lee Jolly Dixon:** I remember the soldiers

**Bryton Mianscum-Shecapio:** Thank you, soldiers.





















Philip Neeposh: Thank you for saving our country.

Minnie Shecapio: I wore a poppy.

**Wendy Wapachee:** We learned about animals that helped in the war.

### Postcard for peace: writing a message of thanks to veterans

#### Class of Secondary I - English

**Abel-John Bosum:** Thank you for keeping us safe, free of terrorism and for protecting our way of life. **Candice Bosum:** Thank you for keeping us safe.

Darcy Bosum: Thank you for keeping us free of terrorism.

**Pearl Bosum:** Thank you for keeping us safe, free of terrorism and for protecting our way of life.

**Andrea-Ann Etapp:** Thank you for protecting our freedom.

**Tyrese Neeposh:** Thank you for keeping us free of terrorism.

**Destiney Isik-Blacksmith:** Thank you for keeping us safe, free of terrorism and for protecting our way of life. **Cameron Neeposh:** Thank you for protecting our freedom.

**Uashkut Lefebvre:** Thank you for keeping us free of terrorism.

**Nathan Rabbitskin:** Thank you for keeping us safe. **Christopher House:** Thank you for keeping us safe, free of terrorism and for protecting our way of life.

**Peter-James Mianscum:** Thank you for keeping us free of terrorism.

**Selena Mianscum:** Thank you for keeping us safe. **Beulla Shecapio:** Thank you for keeping us safe, free of terrorism and for protecting our way of life.

#### Hallway of Heroes:

I didn't realize that some of the soldiers who died in Afghanistan were so young and that some kids would never know their father or mother! It is so sad!

#### **Pearl Bosum**

Dear Veteran,

Thank you for saving our country and protecting our country, and for fighting for our country. I think you are very brave going to war.

#### Miguel Mapalagama

Thank you for fighting wars for us! For being brave, you're in my prayers. If you're injured, get well soon! You are a very special person. Thank you for protecting our country. God Bless!

#### Faith Bosum

Thank you for fighting for us and our families and for the other families and for your family and thank you for your family and thank you for being brave for us and all of the other families.

Tyrel Shecapio-Blacksmith

### With Remembrance to a Veteran

By Lily Gull Sutherland

When Maggie Gull was 16 years of age, she was informed it was time to leave school because of her age. She attended the residential school in Chapleau, Ontario. But determined as she was, she found employment through the Anglican Church of Canada. She was a devout Anglican. She worked at the residential school in Aklavik, NWT in the 1950s.



Her mother had died and her father lived at Waswanipi, OC at the Old Post settlement. She would tell me her fond memories of the olden days in Waswanipi Old Post, where she spoke of laughter and dancing even though they had no power or running water. She would smile and tell the funny stories that she remembered. And laughter would follow.



Maggie's 85th birthday last year.

Those were good times with her.

It was a year ago on November 8, 2010, Maggie (Gull), Margo Muir as she was known has passed on to the Spirit World at the age of 86. Margo (Maggie) had been with the Canadian Armed Forces and sent her picture with her uniform to her father, late Samuel H. Gull of Waswanipi. She was proud to serve her country, like all those brave armed forces personnel who serve our country.

Margo met Andrew Muir who was stationed in Aklavik, N.W.T. where she worked, and later married. As the years went by they were stationed in various places, such as Red Lake, Alberta, North Bay, Ontario. Eventually they settled in Ottawa with their four children - Andrew Muir, Marion Muir, Stuart Muir and Diane Muir Croteau. Her grandchildren are Robyn, Tyler and Matt.

It's quite a coincidence that she left us in November, the Remembrance Day month. Her eldest son, Andrew works for Veterans Affairs in Ottawa. I am sure she is smiling proudly on her family and grandchildren.

A year has gone by and she is still remembered, and will always be in our hearts with love.

### Did you know?

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### Protecting the trees

### A conference at McGill University focuses on conserving the boreal forest

By Akiva Levitas

On November 16, McGill University's Aboriginal Sustainability Project and the Canadian Boreal Initiative hosted a conference celebrating the successes and the challenges facing the Aboriginal communities in conserving the boreal forest as well as personal stories regarding their experience on the land.

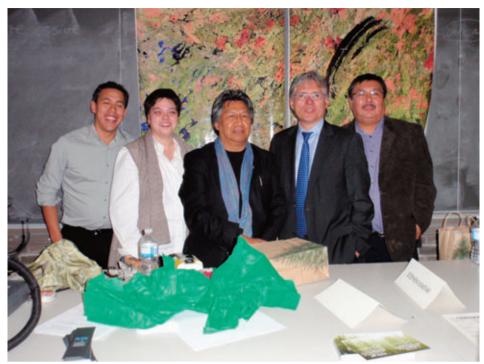
Speaking at the conference, titled "The Boreal Forest: our land, our stories, our responsibility", were Grand Chief Mather Coon Come, Waswanipi Chief Paul Gull, and former premier of the Northwest Territories and former Dene Nation President Stephen Kakfwi. The event's host was Valérie Courtois, the Canadian Boreal Initiative's senior Aboriginal advisor.

Canada's boreal forest is one of the largest tracts of forest in the world rivalling that of the Amazon rainforest in South America. It covers 53% of the land in Canada and is home to over 500 Indigenous communities as well as countless species of plants and animals.

Due to its massive size, the boreal forest provides many economic opportunities to the rural and Aboriginal communities of Canada, such as the natural resources, recreation, hunting, fishing and tourism. Many of the towns in and around the forest have their economies based on the forest industries like logging, mining, oil and gas drilling as well as tourism.

As peaceful and undisturbed as the forests may seem from afar, that is not the reality of what is going on. The effects of a resource-based economy have consumed vast sections of the forest in order to obtain the precious commodities that it holds.

Logging as well as mining companies have been exploiting the southern reaches of the boreal forest, scarring the land with clear-cut forests, mines and an ever-expanding network of roads. This has put pressure on the communities in the area to work on



better conservation techniques in order to protect the boreal forest.

The main point that the speakers wanted to convey to the McGill students was this: environmental protection is only one part of preserving the boreal forests. The greater problem is finding a way to balance the use of the forests to make sure future generations can have a fair use of it as well. It's all about sustainability. We must be able to sustain our communities using all the bounty that the forests have given us. All the while we must be giving back so as not to leave our mark on the land.

Coon Come brought up an experience highlighting this difference. While in Europe to explain why the European Union should not ban seal pelts, he ran into a Greenpeace activist, who asked him why Natives are allowed to go around killing animals and harming the environment. Coon Come laughed and told him, "Your organization is the one backed by those massive corporations that go and destroy the land. You have never been out on the land with your own two feet. I don't work for the cor-

porations, I work for my children so that they can hunt and live off of the land."

Kafkwi commented on the differences between Native and European cultures by saying that we are not working on building the largest monuments or the greatest cities. The mountains are our monuments and our ability to leave them as they are is our greatest gift to our young who can experience it as their Elders had.

He spoke about how the system we have is one of bullying. The big guys bully the small communities, taking their resources at a high cost to the locals and leaving scars on the earth. What the system lacks is a sense of love for what we have been given and who we are. In our efforts to preserve the boreal forests, we must work together because we all affect each other.

The tar sands in British Columbia pollute the rivers, which flow up to the communities in the Northwest Territories affecting the locals and no one is being held accountable. This example shows how even industrial

action in one part of this vast country can affect distanct communities.

Coon Come related a story about a vision his grandmother had while standing by a river facing a mountain before any of the development even began. He said. "She saw that in the future the mountain would be clear-cut by massive machines, the river would start flowing backwards, and her descendants would have to pay to drink water."

It was only in the 1990s when Coon Come saw her vision come to pass. "I stood by the river and saw that the mountain was clear of trees, the rivers flowing backwards because of all the hydroelectric projects, and the water is so polluted by the industries that we have to either boil our water or pay for it."

The challenges that face the Aboriginal communities in preserving the boreal forests were brought up by Gull. As long as the industries aren't kept in check they will only take from communities and leave once they take everything. If the corporations work with the communities, listen to them and learn what is sacred and what they can develop then sustainability can be achieved.

Another challenge facing them is unemployment. Gull said, "From now until the next five years, I'm going to be having in my community 100 teens turning 18 and employing them is a top priority."

In the end without those industries moving further north, it is hard to see how the youth will be able to be employed. The Plan Nord is the new economic development plan that encourages the companies to work together with the Cree thereby ensuring dialogue as well as a mutual respect where both sides benefit.

Performing at the conference was Innu singer/songwriter Kathia Rock, Her voice filled the auditorium with the beautiful sounds of her Native tongue. She spoke of her youth, how she came to love music and how Claude McKenzie (of Kashtin fame) taught her a few songs when she was younger. She got the whole audience stomping their feet and clapping along for her last song.

The natural life cycle of the boreal forest, prior to the colonialist period, happened once every 100 years. Forest fires, insects and diseases clear large sections of the forest that need to be renewed. When a forest fire occurs, the seeds of certain species of trees are sealed by a resin that melts when it is heated. The seeds open and begin to re-grow the pine forest which would take two decades. Although forest fires continue to be the biggest destroyer of trees, their function is part of the ecosystem, whereas logging and industrialization are not and can create an imbalance if not done correctly.

Coon Come shared some advice with the McGill audience that his grandfather gave him. He said, "One stick can be broken easily, but if you hold a bundle of sticks together you will find they are much harder to break." In order to get the sustainable future we want for our future generations, we need to work together so that we can overcome this great challenge.



### Wine galore

### La Grande Dégustation de Montréal is a top-notch wine tasting event

By Lisa Roth

Enjoying wine is all about enjoying the moment.

When *Nation* editor-in-chief Will Nicholls asked me to review the wines at the annual wine and spirits event, La Grande Dégustation de Montréal 2011, I thought – now there's a moment.

I walked into the huge, brightly lit hall at the Palais de congrès in Montreal to behold hundreds of white-table-clothed exhibition tables adorned with upright bottles of wine and spirits – as far as the eye can see, in a symmetrical pattern. They looked all the same from far, though identified by sober signs indicating booth numbers. It was noisy: the drone of hundreds of people talking at a large indoor event, a sound peppered with clinking of glasses and faraway inaudible speeches.

With tasting glass, note pad and event program in hand, I wandered wide-eyed into the din. I thought the program, which had all of the wine producers listed by country and booth number, would give me an idea of where to start. Scanning the brochure frantically I was looking for a strategy, or at least a place to begin. The room was spinning, the drone was getting louder, and I hadn't even had a drink yet.

How was I possibly going to review a decent percentage of these wines?

It was then that Nicholls gently grabbed my arm and led my empty glass and myself through the havoc to the far end of the hall. He said, "There is no strategy, just start sipping and asking questions and your taste buds will give you the answers." And with those words, we barreled ahead.

As we navigated through 250 exhibitors and over 1500 products being swirled, sniffed and savoured by critics and general "oenophiles" (people who love wine, like me), I started

to gain focus. I recognized some of my favourite labels and noted some of the special-order products from reputable vintners that I just had to try.



The displays were simple for the most part, as the bottles spoke for themselves – ranging from classic-style wine-label design with cursive writing and etchings of old castles to the modern incarnations of bold designs bursting with colour on sculptured glass, looking as though they belonged in a modern art gallery or on a hip-hop t-shirt.

Behind each table, without fail, was a smiling wine representative ready to pour a glass and bend an ear with a story about why this or that beverage is special. They were talking, pouring, gesticulating with their hands, sharing anecdotes and critiques with patrons of the event. I heard accents from around the globe.

Although France was the show-cased country at this year's event, I decided that I would work my way from the farthest wine-producing country to the closest. I couldn't resist

having some sort of strategy: one day whites, the next day reds.

#### Day I: The Whites

#### Australia: McWillams Handwood Estate, White Muscat 2009 (SAQ \$14.45)

For my first tasting, I thought I would start light. At 6%, the Muscat from Australia's McWilliams Handwood Estate has a lower alcohol percentage than most wines. Less alcohol in wines translates to a lighter wine and less calories, in tune with the trend for healthier eating. Light-bodied, fruity and sweet, with a spicy and floral note, this is a great summer sipper or business-lunch wine – when you have to go back to your desk as opposed to the poolside.

#### Chile: Errazuriz, Estate Fumé Blanc 2011 (SAQ \$14.95)

The Errazuriz wines from Chile are very popular in Quebec and served in many restaurants. They are very reasonably priced and consistent in taste from year to year. The Estate Fumé Blanc is 100% Sauvignon and fumé blanc implies very refreshing attributes. This wine was described to me as like "biting into a grapefruit". Great with sushi, or white meats, especially if there is a rich sauce. A nice wine to drink before dinner, but you have to like the taste of grapefruit to enjoy it.

#### France: Riesling Rebgarten Bestheim Alsace 2009 (SAQ \$18.85)

I'm not usually a huge fan of Reislings because they tend to be too sweet for my taste. With this wine, it was love at first sip. Not sweet, very dry, with a hint of lemon and mineral overtones, and almost a buttery colour to it, this wine has a very good balance between alcohol and acidity. It would accompany the usual white

wine partners – fish and chicken – but as it is not that light, so it would equally be a great match to a hearty Alsatian meal of sauerkraut or a Cree roast goose. A winter white, I'd say.

### Quebec: Le Domaine du Ridge, Vent d'Ouest 2010 (SAQ \$13.83)

One of my last stops on my whitewine route was at a Quebec vintner's table. Ouebec's climate makes it tough to compete with other wineproducing countries, yet we are seeing more and more wine producers in this province take on the challenge. One of them is Le Domaine du Ridge, laying low in the Eastern Township region of St. Arnaud. Here, they can only grow certain hybrids of grapes that have proven to be resistant and can tackle our climate - Merlots or Cabernets are out of the question. Despite being resistant, in part because of our harsh winters, they still have to be pampered and covered in the fall. As if growing quality grapes in this area isn't hard enough, Le Domaine du Ridge produces ecological wines that use five times fewer pesticides than regular vineyards. Denis Paradis, the owner of the vineyard, noted with raised eyebrows: you really have to WANT to be a wine producer in Quebec to make it work! A passion that he has embraced.

Denis poured me a glass of Vents d'Ouest 2010. This wine has won several awards and is improving every year. A light and fruity wine, with a hint of pear on the nose, slightly acidic, it's a lovely white to drink with seafood, or a light fish like Walleye.

I was curious about another of the vintner's wines that is produced in small quantities (1000 bottles per vintage) and only available at the vineyard itself. Cuvée du Fouloir is a white wine made the traditional way. Instead of using machines to press the juices from the grapes, this wine method uses stomping bare feet. Women's feet, in particular, 25 pairs of them in a large 12-by-12 foot outdoor vat. It's a festive, two-hour event: with grapes under foot, and a

glass of wine in their hands, the women dance and stomp while they are serenaded by an accordion player.

The result of the traditional pressing process is bunch of tipsy women who have had a fun workout, but also a more delicate wine with elevated aromas. The seeds and skins are not crushed as harshly when feet are used, gently massaging the tannins out and reducing the bitterness. With more time to oxidize, and flavour compounds are released more slowly, changing the nose of the wine.

Cuvée du Fouloir is indeed a very refreshing, delicate and light white wine, in colour and on the palate. A real feat for a Ouebec vintner!

#### Day 2: The Reds

On our second day of at La Grande Dégustation, I felt like an old hand at tasting and swirling a glass, and no longer felt the need to have a strategy. Red wines were on the menu this evening and I let my taste buds loose.

#### France: Châteauneuf-du-Pape, Château de La Gardine 2007 (SAQ \$35.75)

This red wine from the Rhone region is Grenache-based and has a very fruity, berry, plum and sometimes kirsch flavour. It's an easy-going, very versatile wine that is a great pick for Christmas party dinners, especially with cooked fruit like cranberry sauces. Strong, flavourful and intense,



it is not aggressive – typical of the Grenache grape. A great choice for grilled or roasted meats, especially game. It's a wine that can be enjoyed now, but if you can wait five years to drink it. all the better.

### Spain: Campo Viejo Crianza 2008 (SAO \$14.95)

This red is predominantly Tempranillo, a grape indigenous to the Rioja region in Spain. Tempranillos generally have a red-fruit aroma – plum, cherry, blackberry – and a peppery, spicy touch, sometimes with a hint of chocolate and a mineral touch depending on the soil and location. The 2008 that I tried smelled like coconut and vanilla, apparently from the barrels it ages in. On the palate it stayed true to the red-fruit flavours. Soft and mediumbodied, it's a wine that intensifies appetite.

Alfredo Del Rio, my Spanish host at this table, attested to the fact that in his country, like most, wine is a cultural activity. People socialize around wine and food, so wine has to be able to meet a wide range of flavours. To prove that this wine can sustain different flavours, he prepared a special appetizer, or "tapas", for me to taste with this Crianza. It's a snack his grandmother used to give him as a kid: a slice of baguette drizzled with olive oil, a sprinkle of salt, and adorned by piece of dark chocolate on top. A little counter-intuitive, blending saltiness with bitterness, but a sip of this wine with this unlikely flavour combination was absolutely delicious. Definitely a

### California: Austin Hope Syrah 2009 (SAQ \$45.50)

The Hope family wines also the more common Liberty School Wines in the Paso Robles region of California. This Syrah is a bold, full-bodied wine but with a long, silky finish. Elegant, but it bites back – in a good way. Spicy, and with a deep, dark colour, it has the aroma of blueberries and blackberries. It's ready to drink now or later, depending on whether or not you can resist it. A hunter himself, producer



Austin Hope recommends pairing this wine with wild meats like deer or caribou – better yet, moose stew with dumplings. It's got the power.

#### Italy: Masi Toar Veronese 2007 (SAQ \$23.35)

Masi President Sandro Boscaini has a special relationship with this Valpolicella from the northeastern part of Italy. "This wine is like my son," he says. Why? Because in an area where winemaking is like a religion, Boscaini claims to have resurrected a variety of Italian grapes that had long disappeared from production. The Oseleta grape variety added a spicy personality and structure to the Valpolicella. But, the Oseleta (which means "little bird") had a late harvest and a low yield in terms of grapes so when it disappeared no one made the effort to reintroduce it. Until Boscaini got lucky. His Masi Toar wine is a blend of 80% Corvina and 20% Oseleta. A step up from Valpolicella, it has a deep ruby colour, a woody, spicy nose and great fruity depth, especially a cherry character. I asked him if he thought the find was luck or divine intervention. Probably both, he replied, plus curiosity and the knowledge he had from his grandfather, from whom he learned about the different vines that existed.

A sobering finale to the event was a visit to the Alco Prevention Canada booth, a private company that makes products to detect alcohol blood levels.

Catering mostly to businesses that have a corporate responsibility for employees when they hold events that serve alcohol, Alco Prevention Canada offers several detection solutions. One is the Alco tube, a single-use breath detector that is available in drugstores and the SAQ for about \$6, or in bulk for about \$4 a piece. A sage gift for employees during the holiday season, the device packaging can even be personalized with the company logo.

Another option for large events is to rent a breathalyzer machine, equipped with technician to ensure that no one leaves the party to drive impaired. People can use it as many times as they like in order to check their alcohol levels throughout the evening. This rents for \$395 plus \$100 for the technician, per night. In larger cities like Montreal

and Quebec, Alco Prevention Canada offers a service called Extreme Limit, like Nez Rouge, to drive party-goers and their vehicles home.

Despite my first impressions of the daunting, over-crowded hall, I managed to taste a wide and varied selection of wines at the La Grande Dégustation de Montréal. Some vintages I had already tried, others were new discoveries. The Rebgarten Reisling was a pleasant surprise, the Hope Syrah a revelation. The Cuvée du Fouloir a local tribute to tradition. But really, I most enjoyed meeting the people behind the wines. And really, that's what enjoying wine is all about.

### **Public Notice**

#### Ministère des Ressources naturelles et de la Faune

PROGRAM CONCERNING THE GRANTING OF A PERMIT, FOR A DEFINED PERIOD, AUTHORIZING THE ANNUAL HARVESTING OF THE FOREST BIOMASS IN FORESTS ON STATE LAND

CALL FOR PROPOSALS RESERVED FOR ABORIGINAL PROJECTS FOR THE DELIVERY OF A PERMIT AUTHORIZING THE ANNUAL HARVESTING OF THE FOREST BIOMASS IN FORESTS ON STATE LAND

In the frame work of the program concerning the granting of a permit, for a defined period, authorizing the annual harvesting of the forest biomass in forests on State land, the *Ministère des Ressources naturelles et de la Faune* (MRNF) issues eight calls for proposals for the delivery of a permit authorizing the annual harvesting of the forest biomass in parts of forests on State land in the Nord-du-Québec region.

The authorized biomass is situated in the management areas **026-51**, **026-61**, **026-63**, **026-65**, **086-63**, **086-65**, **086-66** and **087-64**. The quantity of authorized biomass depends on the forestry management activities planned by the holders of timber supply and forest management agreements and forest management agreements, of which the five-year program 2008-2013 was approved by the MRNF.

#### Prerequisite conditions to proposal submission

The proposals must be formulated according to the instructions stated in the developer's information guide, available on

<u>www.mrnf.gouv.qc.ca/forets/entreprises/entreprises-transformation-biomasse.jsp</u> and must include all the required documents as stipulated in the guide.

#### **Proposal submission**

Any moral or physical person can submit a proposal for one or several management areas. They must be sent by email (compressed file, PDF or other) or by post (CD or paper) **before 4:30 pm January 20, 2012**, to the following address. The documents can also be delivered to the reception at this address.

Mrs Elizabeth Harvey
Acting regional manager
Direction des affaires régionales du Nord-du-Québec
Ministère des Ressources naturelles et de la Faune
1121, boulevard industriel, C. P. 159
Lebel-sur-Quévillon (Québec) JOY 1X0
Email: Elizabeth.Harvey@mrnf.gouv.qc.ca



### Native sons

### CerAmony discuss their music and acclaimed debut album

By Irkar Beljaars

Family and community — that's what the Cree band CerAmony is all about, and it has become their mantra in their personal and professional lives.

Matthew A. Iserhoff and Pakesso Mukash took different roads to get where they are today. Iserhoff picked up music at a very early age (three years old), while Mukash learned through his spirituality how to keep himself grounded. Both men can boast a strong and healthy family life, which is why they feel they are successful.

On a cold rainy November 10, the brothers-in-law and Juno award winners performed at the Théâtre Plaza in Montreal and managed to attract 150 people. "We were stoked that it was our first official featured performance in Montreal. The crowd was rocking and on board from start to finish. We thank all those who attended," said Iserhoff.

And the loyal fan base just keeps growing: there isn't a Cree youth up north who hasn't heard of CerAmony. The album was 10 years in the making and was originally released independently, but thanks to a deal with Disques BG who are distributed by Universal World things are growing for the band.

"All those years of work are finally coming together at the right time, so it's very exciting. What's important is that it is a realization of this family, we managed to pull together some great guys and now have a full band and have folks from up north coming down to hang with us. It's pretty awesome!" said Iserhoff

CerAmony has been slowly creating a following in all nine communities up north. They recently played a concert in Nemaska to a rousing crowd, but what was more meaningful was how they were received. And that's what brings the most joy to the band – seeing the smiles on the faces of their communities.

The album itself is filled with music from different genres. One song, You Belong Down Here With Us, is essentially a conversation with God but not in the



conventional sense. "It's wanting to know what God, Creator, Jesus thinks about what has been going in the world, " said Mukash. The song addresses the connection the bandmates have to their own spirituality and the importance of keeping that close to their hearts.

If You Belong Down Here With Us is about spirituality, then Last Great Men is the honour song for those who have gone before. It reminds us all about where we came from, that the Elders' teachings are still relevant, and that our youth need to keep that in mind wherever they go in life. The song has particular relevance in some Cree communities where the traditional way of life is being eroded either by the Paix des Braves or the upcoming Plan Nord.

"Everyone should have open concerns about it, be they First Nations or Québécois. There are so many cultures that are in danger of losing their culture – the Innu, Cree and Inuit just to name a few. The root of the issue is the land and there are so many great voices who need to be heard if Plan Nord is going to happen responsibly," said Mukash

Iserhoff and Mukash are concerned about the Plan Nord because of the ramifications it has to the traditional way of life for all First Nations. For example, is it going to protect the herds of caribou? "They're going to put 150,000 people up there in six years. What is that going to

do to our traditions? That's what Last Great Men is all about.

"It's all about hanging onto who we are! As mentioned this album covers many genres, like reggae, and an ode to the 1980s pop hair bands. The album was written for Bell Centre fans because that's where our heart is," said Iserhoff

The goal for the album was to bring people together, and it has. I'm reminded of the old Cree saying, a family doesn't just raise a child a community does and that's what Iserhoff and Mukash hope to achieve with this album. They want to bring folks together, like Kashtin and Buffy Sainte-Marie did.

"Simon and Garfunkel and Guns N' Roses inspired us on this album, why be stuck in just one genre?" asked Mukash.

To them, music is just another business and they want to be more meat and potatoes, with a little dessert. Thankfully they went through the right avenues and now the album is in stores and on iTunes. And that's important for the youth up north who look up to bands like CerAmony and see that success can happen if you work hard.

"If you have a passion for what you do and you work hard, you can accomplish anything," said Iserhoff.

For Iserhoff and Mukash, the most important thing is that they represent their communities with honour and respect which means living a clean and healthy lifestyle and leading by example.

### **EMPLOYMENT OPPORTUNITY**



#### JOB TITLE: TECHNICAL ASSISTANT - FIELD WORK

#### Job description:

The candidate will be based at the camp Eastmain (James Bay) and work schedule will be determined. This position is seasonal, 8 months per year for approximately 4 years. The candidate will participate in the management, supervision and support of consultants who carry out various environmental studies as part of the project Eastmain-1-A, La Sarcelle and the Rupert diversion.

#### More specifically, the candidate will:

- Represent the company (EnviroCree and Hydro-Quebec) on site:
- · Assist the Coordinator Field Work;
- · Assist the Cree Liaison Officer:
- · Solve logistical problems;
- · Meet the demands of consultants;
- Inventory management of equipment;
- · Accommodate the consultants to the territory;
- Conduct compliance monitoring contracts (scientific, environmental SST, relations with the Crees).

#### Profile:

- · Fluency in French and English (written and spoken);
- Multiple work experiences (Environment, OHS, Communication, etc.).
- Knowledge of personal computers softwares;
- Skills for photography (an asset);
- Be able to travel long distances on isolated roads:
- Be able to use different transportations (truck, boat, helicopter);
- · Be reliable and punctual.

#### Salary:

Depending on qualifications and experience

#### **Deadline for application:**

December 23th, 2011



#### Please address applications to:

EnviroCree Itd 210, 9th street, office 108 Rouyn-Noranda (Quebec), J9X 2C2 Tel: 819-762-2888 Fax: 819-762-4814 administration@envirocree.com



### Making better choices

### Students participate in self-esteem building workshop in Timmins

by Xavier Kataguapit

More than 250 school children discovered the empowerment of self-confidence and feeling good about themselves through a diabetes prevention initiative in Timmins November 4. They made this discovery through workshops provided by Turtle Concepts, led by Dave "Jaegar" Jones in a one-day event held at the McIntyre Area and produced by the Timmins Diabetes Expo.

Turtle Concepts is an Aboriginal-based group that provides empower-ment workshops to build self-esteem for youth. Its founder and lead organizer, Jones, a member of Garden River First Nation, was invited by the Timmins Diabetes Expo Committee to present an empowerment workshop with the idea that young people who feel better about themselves make better choices.

"It was a busy and exciting day for all of us. The students had a great time and as well an opportunity to learn about leading a healthy lifestyle. With diabetes approaching epidemic proportions we need our youth to make better choices," said Peggy Claveau, Committee Chair, Timmins Diabetes Expo Committee and Wabun Health Services representative.

The event, led by lones, focused on sending the message to the schoolchildren to feel good about their self-image and learn to become more self-confident. This message was presented through segments that included entertaining presentations, role-playing games, role models and an exercise period styled as the Turtle Concepts "boot camp". The role models for the event included Turtle Concepts members Jamie Davey, Cody Syrette, Patrick Champagne and Darus Ramoutar. The Turtle Concepts role models also included Jones-McLeod and Sarah Gasparetto, two Grade 5 students from W. Earle Miller Public School.

"I am here today to provide a funky, fun and sweet message to these children that it is okay to feel good about ourselves and to allow others around us to be who they are. These students all know what is right in terms of healthy eating and exercise. My role today is to reinforce that knowledge in a fun way and to show them that when we feel good about ourselves, good things happen in our lives and we make healthy choices," said lones.

Four area schools took part in the event, including W. Earle Miller School, Pinecrest Public School, St. Paul's School and Mattagami First Nation Mary Jane Memorial Elementary School.

Regina Harper, a French teacher at St. Paul's School, felt that the event provided her students with an informative and entertaining workshop.

"Our students had a great time. I really liked the way the daylong event was presented and handled by the organizers. It provided a fun time for our children as well as a plenty of education and information on healthy eating, exercise and

learning to feel good about ourselves," said Harper.

Students had an opportunity to participate in a two-part event. An introductory session was provided in the morning and then the students were split into two groups. The first group took part in a healthy eating and snacking workshop led by the Timmins Diabetes Expo organizing committee. The second group took part in a "boot camp" physical exercise and self-esteem workshop led by Jones. The Turtle Concept's "boot camp" was a fun series of role-playing games to get children to take part in physical activities and learn about how to boost their self-esteem and confidence.

"I had a lot of fun today and it was awesome. I know that we have to learn to take care of ourselves in many ways. It was also fun to meet other students and make new friends," said Dylan Lafleur, 12, a Grade 6 student from St. Paul's School.



TURTLE CONCEPTS presented a one day workshop for students in Timmins recently. Organizers of the event include Back Row L-R: Caitlyn Lefebvre, Timmins Native Friendship Centre; Richard Aubin, Metis Nation of Ontario; Jamie Davey, Timmins Family Health Team; Sarah Gasparetto, W Earle Miller School Student; Cody Syrette, Turtle Concepts; Patrick Champagne, Turtle Concepts and Darus Ramoutar, Turtle Concepts. Front L-R are: Angie Olajuwon, Timmins Diabetes Expo; Marty Paul, Porcupine Health Unit; Sierra Jones-McLeod, W Earle Miller School Student; Dave iJaegarî Jones, Turtle Concepts; Peggy Claveau, Diabetes Expo Committee Chair and Wabun Health Representative and Christina Devaney, Timmins Family Health Team. Missing from photo is Julie St. Onge, Canadian Diabetes Association (CDA) Timmins.



### UNDER THE NORTHERN SKY

### From the voice of a child

by Xavier Kataquapit

ecently while covering an event as part of my work I was surprised at a question that came my way. That query came from the voice of a child. Little Michael Tomagatick looked up at me and asked, "Do you speak your language?" I answered him yes in the Cree dialect from the Attawapiskat area.

Little Michael seemed quite surprised that I could carry on a conversation with him and he also seemed very proud and happy. We chatted in Cree surrounded by his Grade 6 classmates of St. Paul's School in Timmins. I could see by the smile on his friends' faces that they were pleased and curious about Michael's ability to chat in a language so foreign to them.

I was amazed at this young boy's ability to speak the ancient Cree language as though he was an Elder from up the coast. He was very comfortable and I understood that it made him feel good to be able to show his friends that his traditional language and culture was alive in him.

In this experience I recalled just how difficult it was for me to live in the outside world when I first left Attawapiskat as a boy. People in general were nice to me but I always felt like I didn't quite fit in. Only my own family and friends who lived in the south spoke Cree, which meant that most of the time I was surrounded by a language and culture that was very different from the one I was raised in. As a result, I felt insecure and I had very low self-esteem. I guess I just did not feel that I was as good as all those white people who seemed to have everything.

Although at the time I was just a teenager in the 1990s I was living in a period where my Elders, family and friends back in Attawapiskat still had to use an outhouse and draw water from the river for daily use. We had no running water or sewer system back then and let's face it that was not very long ago. I did what I could to make up for my feeling of low self-esteem. I had some money from a summer job back home so I bought all the most popular clothes to try and fit in. I did my best try

to learn as much as I could about life through my high-school experience but I always felt like I just did not fit in.

I am grateful for the fantastic boarding parents and their families who I had back then. They really helped me more than they will ever know. Those days in high school in Timmins were not easy and often I just felt like giving up, but somehow one of my boarding parents or one of their children would sense this huge vulnerability in me and say or do the right thing for the moment.

I discovered way back then that life was mostly about people. Everything revolved around the interaction between so many people, at school, in the broader community and in the homes I visited. People can help each other or they can hurt one another. I also found out that the way people acted was mostly based on their experiences growing up and that helped me forgive many I met who were racist, bigoted and homophobic. I was never one to be pushed around easily but I was not a troublemaker either and mostly I withdrew from stressful situations. I turned the other cheek often.

Today, I feel a lot better about myself. It thrilled me to see that little Michael Tomagatick seems to be feeling good about himself these days too. I understand that it is not easy for young Native people from remote First Nations to fit into the society at large. They need lots of understanding and a hand up whenever possible. It seemed the perfect venue for me to run into my little Cree friend Mike and Pacific Nakogee, also a Grade 6 student from St. Paul's. In fact,she is my cousin Beverly Nakogee's daughter. So meeting them made my day. They attended a recent workshop on building self-esteem conducted by Dave Jones. The message from that daylong workshop for hundreds of local school children still resounds in my mind: "Learn to feel good about yourself and allow others to feel good about themselves". Meegwetch, Michael, Pacific and Dave.



**gowlings'** aboriginal law group congratulates the Oujé-Bougoumou Cree Nation on its formal establishment and extends all best wishes for continued success in the future

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### **CLASSIFIEDS**

#### **BIRTHDAYS**

Happy 35th birthday wishes going out to my commonlaw husband Joshua Abraham Kawapit on November 23rd, 2011. Happy birthday babe and many many more to come. XOXOX I Love you so much!! XOXOX Love, Jeannie Maria Mamianskum <3

I would like to send out a belated birthday wish to my beautiful MOM Christiana Petagumskum on November 16th, 2011. I wish you all the best and many many more to come. XOX Love you lots XOX From, your daughter leannie.:)

A lot of belated birthday wishes going out to Makayla Napash on November 17th, Kecia Mamianskum on Nov. 17th, Shirley Sandy on Nov 25th, Anne-Marie Masty on Nov. 27th, Mary Sandy on Nov. 27th, Desmond Rupert on Nov. 27th and Eddie Masty on Nov. 28th.I wish you all the best and many many more to come! From, leannie Mam:)

Birthday greeting going out to my niece Katrina Gilpin (Eastmain) from Auntie Dina and your cousins Adam and Melissa from Mistissini. We love you and may you be blessed with many more birthdays!

Belated birthday wishes going out to several family members: Austin Snowboy celebrated his birthday on October 16th, Daliah Jolly-Gilpin celebrated her birthday on October 17th and Sean Fireman celebrated his birthday on October 29th. Harmony Cheezo celebrated her 2nd birthday on November 9th. I hope that your birthdays were as special as you are. May all of you be blessed with many more birthdays to come. From: Aunty Dina and your cousins Adam and Melissa.

We would like to wish Aaliyah-Jasmine Shanush a happy birthday on December 13th, 2011. With love from: your Great-auntie Dina and your cousins Melissa and Adam. May you be blessed with many more!

I want to wish a happy birthday to my sister Sharon Petawabano-Bosum on December 3rd and wishing you many, many more to come. Your birthdate is now more special because it's the day Dad passed on from this world. Love you sis! From Evelyn

#### **IN MEMORIAM**

One year ago on December 3rd at 4:30am, a great leader and a great dad, Smally Petawabano went home to be with his Lord and Saviour. Dad, we miss you so much and you will be forever in our hearts! Love you Dad, from Evelyn, John and family.

#### **HOLIDAY GREETINGS**

Merry christmas to our parents simon and caroline bobbish, and to my siblings thomas alan and nellie and families from derek, amanda, james and mikaylah bobbish

### **Legal Notice**

Please note that CHEYENNE ELIZABETH BOBBISH-MATOUSH whose home address is 121 BEESUM ROAD, CHISASIBI, QUEBEC, JOM 1EO will be submitting to the REGISTRAR OF CIVIL STATUS an application to change her name to CHEYENNE ELIZABETH BOBBISH. Notice completed in CHISASIBI, QUEBEC on 07 NOVEMBER 2011.

### PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day, 7 days a week.

Missing Children's Network: They'll help you find kids who have run away or disappeared. 514-843-4333.

Kid's Help Phone Line: I-800-668-6868 (www.kidshelpphone.ca)

### Youth helpline:

I-800-263-2266 (www.tel-jeunes.com)

#### Parent helpline:

I-800-361-5085 (www.parenthelpline.ca)

### Drugs: help and reference:

I-800-265-2626 (www.drogue-aidereference.qc.ca)

### Gambling: help and reference:

I-800-265-2626 (www.info-reference.gc.ca)

### S.O.S. Conjugal Violence:

I-800-363-9010 (www.sosviolenceconjugale.com)

### Health and Sexuality resources center:

I-888-855-7432 (Monday

to Friday, 9 am to 5 pm) (www.criss.org)

#### **Gay Helpline:**

I-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, II am to 3 am)

# The Native Women's Shelter of Montreal: 1-866-403-4688.

(www.nwsm.info)

Suicide Action Québec: 1-866-277-3553

### Residential School Survivors:

A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: I-866-925-4419. Other support services and information for survivors is available on the AFN website at:

http://www.afn.ca/residentialschools/resources.html

The Mount Sinai Hospital Montreal Nicotine Addiction Center wants to help you quit smoking! A team of professionals is offering a free smoking cessation program that includes information, counseling, group meetings and follow-up. For further information or to register for the program, please contact Kevin Duckworth at 514-369-2222 ext. 4011 or send an email to psychologie.sinai@ssss.gouv.qc .ca

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